

Major responsibilities of the contractor include, but are not limited to: planning strategies to manage and deliver physical activity and fitness aspects of MOVE; developing physical activity/fitness education for MOVE.

The contractor is responsible for monitoring, encouraging, and promoting MOVE for veterans through clinical, educational, promotional and research activities by utilizing resources throughout the VHA. Through the collection and dissemination of the latest scientific knowledge and information regarding health promotion and prevention, the contractor has an impact on the health and well-being of veterans throughout the VA. Efforts are aimed at improving the quality of life, preventing the onset of disease and/or identifying disease at early stages so as to limit its progression.

The contract position of Physical Therapist requires mastery of, and skill in applying, the theories and practices of physical therapy, physical fitness sufficient to serve as a recognized expert. This expert will provide authoritative advice and program consultation on agency physical activity/exercise/physical fitness and weight management programs; develop new approaches and apply current scientific advances; and maintain effective working relationships with public health administrators, project officers, federal and non-federal health agencies, professional organizations, and academic institutions.

In addition to providing hands on education and treatment to patients, the contractor plans strategies to manage and deliver physical activity and physical fitness aspects of the MOVE Program. Contractor develops physical activity, physical fitness, and exercise education for the MOVE Program.

Many of our MOVE Veterans have pain or physical limitations that inhibit their participation in physical activity, the contractor will work with various Veterans as a group or individually to provide modified physical activity considering each Veteran's physical limitations/requirements to promote weight loss and a healthy lifestyle.

MOVE is a weight management program

Welcome to the MOVE! weight management program supported by VA's National Center for Health Promotion and Disease Prevention (NCP)! This year we are celebrating our 10th anniversary. A tremendous amount of information has been learned about weight management since our inception in January 2006. In step with this new knowledge have been many changes to the MOVE! program. As a result, we at NCP are proud to make available to our Veterans the most up-to-date approaches for weight management. Continue to read below and explore the links on this website to learn more about MOVE!

What is MOVE? MOVE! is a health promotion program designed to improve the lives of Veterans through the management of weight. The VA serves more than 9 million of the 22 million Veterans in the United States. This makes the MOVE! program the largest and most comprehensive weight management program associated with a medical care system in the United States. Our goals are to screen every Veteran who obtains care through the VA for obesity on an annual basis, refer individuals to weight management services, and make available different treatment options that fit the needs and lives of our Veterans. Encouraging healthy eating

behavior, increasing physical activity, and promoting even small weight losses can reduce health risks, prevent or reverse certain diseases, and improve the quality-of-life and longevity of our Veterans. If you would like to learn more about how MOVE! has helped thousands of Veterans achieve those goals make sure to read our MOVE! Success Stories.

Now that you know a little bit about us, familiarize yourself below with the MOVE! Treatment Options for Veterans, and then Get Started!

MOVE! Treatment Options for Veterans

MOVE! Group Sessions, our most popular option for veterans, is the treatment with the greatest evidence for success! time-limited, clinician-led groups meet weekly and follow a structured curriculum for weight loss. Many medical centers provide video conferencing to community-based outpatient facilities, as well as long-term groups for weight maintenance.

MOVE! Telephone Lifestyle Coaching is for Veterans who prefer one-on-one contact via telephone with a designated weight management coach.

TeleMOVE! is for Veterans who may benefit from frequent reminders to stay on track with their weight management goals. This includes daily interaction with in-home messaging technologies, and clinician contact as needed.

MOVE! Coach is a mobile app for Veterans who prefer to manage their weight on their own.

Brief check-ins with a MOVE! clinician may also be available at some VA facilities that offer MOVE! Coach with Care. Simply go to the App Store on any iOS device (version 6.0 or higher) and download the app now!

Weight Loss Medications and Bariatric Surgery are more intensive medical treatments that may be offered to patients who have previously tried other MOVE! options but continue to struggle with overweight or weight-related issues.

<http://www.move.va.gov/>